# Stand up if

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| Statement | Facilitation notes |
| A girl cannot get pregnant during her period. | **False.** Sperm can live up to five days inside the cervix, and girls’ cycles are not always regular. Therefore, having sex during a girl’s period is not always a safe way to avoid pregnancy. |
| A girl cannot get pregnant the first time she has sex. | **False.** If a girl has started her menstrual cycle, she can become pregnant, whether it is her first time for having sex or not. In fact, girls can get pregnant even if they have not seen their menstrual blood yet, because they will ovulate before having their first period. |
| A young person should never have to have sex if they don’t want to. | **True.** Any young personhas the right to decide for him or herself whether they want to participate in a particular sexual activity. |
| The only sure way not to get pregnant is to not have sex. | **True.** Abstinence is the only 100% effective way to avoid pregnancy and sexually transmitted infections (STIs). |
| If you use a condom, there is no way you can get pregnant. | **True and false**: Condoms are very effective at preventing pregnancy, but only if used correctly. |
| If a boy does not ejaculate during sexual intercourse or pulls out before ejaculation, a girl will not become pregnant. | **False.** A small amount of fluid comes out of the penis long before ejaculation. This fluid always contains semen, which carries sperm and could result in pregnancy. |
| Washing out the vagina after sex will prevent a pregnancy. | **False.** Sperm can move very quickly to the fallopian tubes and fertilise the egg. While it is important to wash the external vulva regularly, washing inside the vagina can be harmful to the sensitive vaginal tissue. |

## Additional Statements (optional)

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| Statement | Facilitation notes |
| The first time a girl has sex it will hurt. | **False.** Sex should not be painful if the girl is relaxed and sexually aroused. To minimise discomfort or pain, partners should take time to explore each other’s bodies and become fully aroused before penetration, so that the girl’s or woman’s vagina becomes wet. If the girls or woman feels nervous or afraid, the couple may want to wait. |
| If a girl does not bleed during sex she is not a virgin. | **False.** The belief that the hymen “should” bleed and cause pain when a girl first has sex, is harmful. Any pain or bleeding during sex is not normal nor a positive experience. Some bleeding is caused by the tearing of the hymen. The absence of a hymen or bleeding does not mean that a girl has already had sex. Some girls’ hymens will remain “intact” even though they have already had sex. Other people who have never had sex, may only have a partial hymen, or one that is torn. |
| Masturbation is harmful/will make you go blind. | **False.** Masturbation is not harmful; rather it is safe and a good way to learn about your own body. However, it is a personal choice. Most people masturbate, but some people choose not to, and some are not comfortable with the idea. |
| If a man has a big penis, his partner will feel more pleasure. | **False.** A large penis does not give a woman more pleasure during intercourse. Although women differ, most women say that it is what the man does, not his size that matters. In fact, a very large penis may be uncomfortable or even painful for a woman. |

This resources is adapted from: Plan International (2016) Champions of Change module 4 “Being Informed About Sexual and Reproductive Health”.